



# Mansfield Community Center

## Giving Week

In the true spirit of the holiday season, we are offering a selection of free classes. We ask only that a nominal cash donation be made for each class attended. Donations will benefit the Mansfield Food Pantry. Instructors who teach during this week are donating their time for this great cause.

Monday December 17 <sup>th</sup>	Tuesday December 18 <sup>th</sup>	Wednesday December 19 <sup>th</sup>	Thursday December 20 <sup>th</sup>	Friday December 21 <sup>st</sup>	Saturday December 22 <sup>nd</sup>	Sunday December 23 <sup>rd</sup>
5:45-6:45 a.m. Spin w/ Paul	5:35-6:20 a.m. 15-15-15 w/ Eileen	5:45-6:45 a.m. Spin w/ Paul	5:35-6:20 a.m. Yoga with Meditation w/ Eileen	5:45-6:45 a.m. Spin w/ Paul		8:15-9:15 a.m. Yoga w/ Patty
7-8 a.m. MCC Pump w/ Elle *gym	6:30-7:30 a.m. Spin w/ Ron	8:30-9:30 a.m. Aqua Zumba	6:30-7:30 a.m. Spin w/ Ron	7:15-8:15 a.m. Spin w/ Deb	7:30-8:30 a.m. Spin w/ Todd	
8:35-9:35 a.m. 20-20-20 Cardio w/ Kathy	8-9 a.m. Yoga w/ Patty	9-10 Kettlebell 101 w/ Jess	10:45-11:30 a.m. Aqua Therapy w/ Dorinda	8:30-9:30 a.m. Aqua Zumba w/ Patty F		
9:45-10:45 a.m. Water Fitness II w/ Kathy	8:35-9:35 a.m. Water Fitness I w/ Kathy		11:35-12:20 p.m. Aqua Therapy w/ Dorinda	9-10 a.m. Functional Strength w/ Jodi		
9:45-10:15 a.m. Step Express w/ Jodi	9:45-10:45 a.m. Body Toning w/ Kathy		12:30-1:30 p.m. Yoga All Levels w/ Nanette			
10:15-10:45 a.m. Functional Strength w/ Jodi	10:45-11:30 a.m. Aqua Therapy w/ Dorinda	5:20-6:20 p.m. Corefusion w/ Dorinda	6-7:15 p.m. Qigong for Centering and Balance w/ George	<ul style="list-style-type: none"> <li>❖ All above classes are free to any participant over 14.</li> <li>❖ All class participants are asked to bring a nominal cash donation to benefit the Mansfield Food Pantry.</li> <li>❖ Questions? Please call (860)429-3015</li> <li>❖ Classes subject to change</li> <li>❖ Available on a first-come first serve basis</li> </ul>		
11:30-12:30 p.m. Zumba Fitness w/ Patty F	11:35-12:20 p.m. Aqua Therapy w/ Dorinda	6:30-7:30 p.m. Spin w/ Fran	7-7:30 p.m. Kettlebell WOD w/ Jess			
5:30-6:30 p.m. Zumba w/ Fran		6:30-7:30 p.m. Aqua Power w/ Melissa	7:30 – 8:45 p.m. Qi Cultivation w/ George			
5:30-6:30 p.m. Bootcamp w/Jerry *gym						
6:35-7:35 p.m. Yoga Flow w/ Sharon	6-8 p.m. Spin into the Night w/ Todd & Paul					